

# Easy Tuna and Peas

**Makes:** 4 Servings

Tasty, quick, and easy to prepare! Top egg noodles with this easy tuna and peas sauce.

## Ingredients

- 1/2 pound** egg noodles (dry)
- 1/2 can** reduced sodium cream of mushroom soup (about 10 ounces)
- 1 can** tuna packed in water (drained, about 12 ounces)
- 1 cup** canned peas (low-sodium, drained)

## Directions

1. Cook noodles according to package directions. Drain.
2. In a medium-size saucepan, heat soup until hot. Stir in tuna and peas, and cook 5 minutes.
3. Pour over cooked egg noodles and serve.

### Nutrition Information

Key Nutrients	Amount	% Daily Value
<b>Total Calories</b>	<b>360</b>	
Total Fat	4 g	
Protein	32 g	
Carbohydrates	45 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	200 mg	